

## RADIO SHOW – World Breastfeeding Week

**Sharon:** This is the Healthy Kansas Minute. I'm Sharon Watson, and with me is Dr. Howard Rodenberg, state health director with the Kansas Department of Health and Environment.

KDHE is promoting awareness of the health benefits of breastfeeding. Could you please explain to our listeners the importance of breastfeeding?

**Howard:** Simply stated, breastfeeding saves lives. Infants that are breastfed are less prone to ear infections, diarrhea, and pneumonia. The benefits of breastfeeding are tremendous. Breastfeeding protects against numerous illnesses, while also safeguarding the health of nursing women. Breastfeeding lowers the risk of breast and ovarian cancer, and saves time and money because breastfeeding moms don't need to buy formula.

**Sharon:** Does breastfeeding affect health care costs?

**Howard:** It does. B infants require fewer doctor visits, fewer prescriptions and fewer hospitalizations. Mothers who participate in breastfeeding also miss less work because their infants are sick less often. Also, breastfeeding doesn't contribute to environmental waste produced by formula containers.

**Sharon:** Thank you Dr. Rodenberg. To learn more about health in Kansas, please visit [www.kdheks.gov](http://www.kdheks.gov). That's [www.kdheks.gov](http://www.kdheks.gov). This has been the Healthy Kansas Minute!